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Seat Sale - see page 5

NEW APPROACH
LOCAL RESEARCHERS
LOOK TO TURN TIDE IN
PIRACY FIGHT {page 3}

SOFT-SPOKEN

RYAN GOSLING CLAIMS HE'S NO PICKUP ARTIST

{page 11}



HALIFAX

metro®

Wednesday, July 27, 2011
www.metronews.ca



News worth sharing.

N.S. anted up for Irving

- Provincial government is promising a 'significant commitment' to shipbuilding firm
- British Columbia has already pledged a \$35-million tax break should Seaspan win a shipbuilding contract

 **ALEX BOUTILIER**
@METRONEWS.CA

Nova Scotia will see British Columbia's tax credits and raise them one commitment for an undisclosed amount of infrastructure funding.

The Dexter government has an agreement with Irving Shipbuilding to kick in infrastructure money should the yard win a National Shipbuilding Procurement Strategy contract.

But the NDP is not disclosing the details of that agreement.

"The province has made a significant commitment to Irving Shipbuilding in the areas of infrastructure and training," said Toby Koffman, a spokesman for the Department of Economic and Rural Development and Tourism, yesterday. "As with all investments, we will announce the details when a final agreement is in place."

The NDP was reacting to news out of British Columbia, where the Liberal government pledged \$35 million in tax rebates to Seaspan Shipyards — should that

Contract breakdown

The major contracts:

- **\$20 billion.** Contract to construct 20 large navy warships.
- **\$8 billion.** Contract to construct coast guard vessels and supply ships.
- **\$2 billion.** Contract for smaller crafts and repairs.

yard secure contracts worth \$35 billion collectively.

The B.C. government will also contribute \$5 million to support the broader marine industry.

Koffman said the details of the agreement with Irving are still subject to negotiations. They'll be released this fall, should Irving's bid succeed.

"Nothing is for certain, everything is based on assumptions at this point," said Koffman.

Three yards — Irving, Seaspan, and a joint venture between five Ontario-based companies and Quebec's Davie Shipyards — are in the running for the contracts. A decision is expected in September.



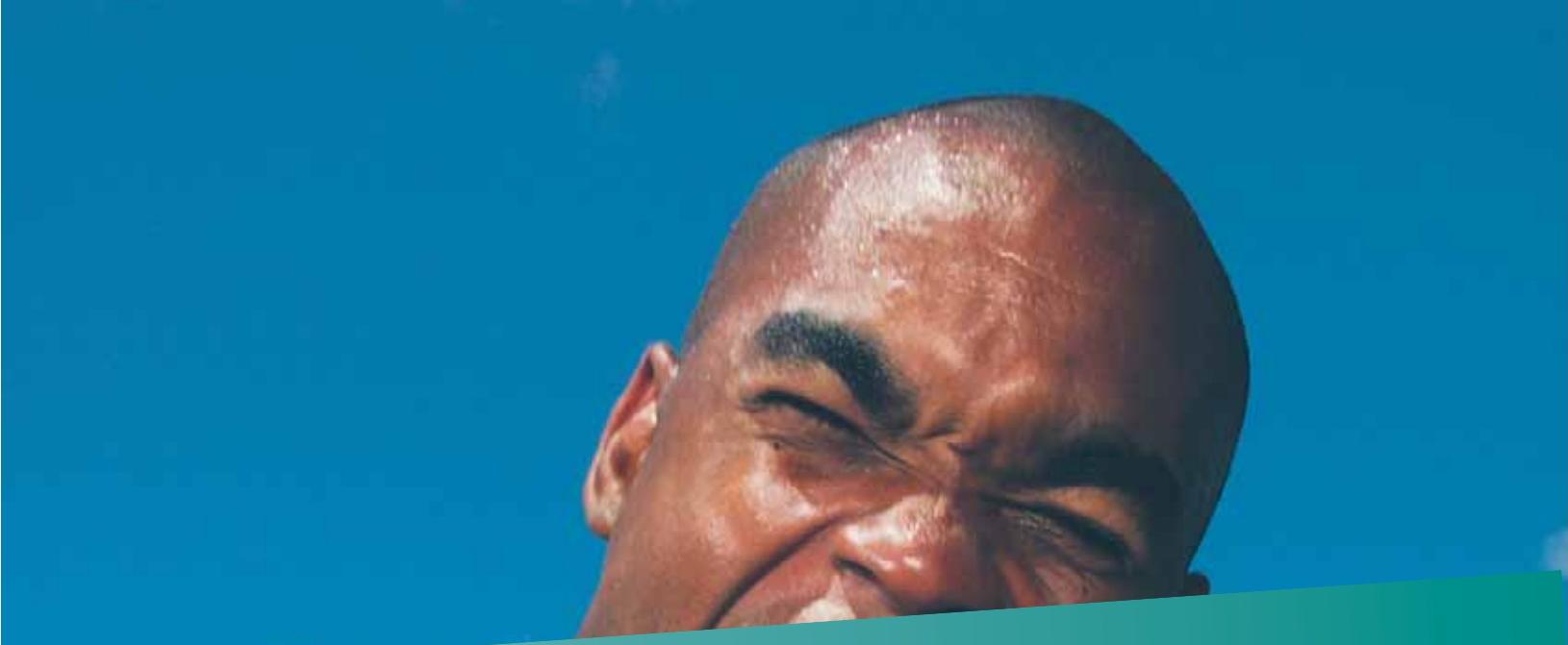
► A small boat passes by HMCS Halifax at the Halifax Shipyard yesterday. The province has an agreement with Irving to kick in infrastructure money if the yard wins one of the shipbuilding contracts.

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► Hugh Williamson, project manager and lead investigator for Dalhousie University's marine and piracy project, poses for a photo next to Halifax Harbour yesterday.

Fighting piracy

► Piracy considered 'a crime against all humanity': Researcher ► Project funded by a two-year \$500,000 research grant from the TK Foundation

 **ALY THOMSON**
HALIFAX@METRONEWS.CA

A research team from Dalhousie University may not be battling Blackbeard, but they are undertaking a similar quest: preventing piracy.

Led by the Marine Affairs program at the Halifax-based university, the work will explore issues surrounding modern piracy to gain insights that may help

prevent future outbreaks of violence at sea, said Hugh Williamson, project manager and lead investigator for the Dalhousie marine and piracy project.

"What sets us apart is we're looking at the issue in a holistic manner ... which hasn't been done before," he said, adding he has a law, operations and socio-economic team.

Williamson said pirates are dealt with on a regional

basis: whoever catches pirates tries them within the local jurisdiction.

He hopes the two-year project will offer a more efficient and effective process.

"We will come up with what we call our considered policy options, and then say, 'Here's the types of things you can do to prevent and deal with piracy, but here's the things you're going to have to do to make

it work.'"

He said the university serves as the perfect platform to investigate the issue.

"Almost everyone involved in the project has been dealing with an aspect of piracy," he said. "We have a lot of different sectors at Dalhousie and a lot of different connections around the world, and that makes us an ideal hub to take a look at this issue."

UARB to rule on HRM council size

Nova Scotia's Utility and Review Board will release their decision on the size of Halifax Regional Council this morning.

The decision is expected to be posted at 9 a.m. on the regulator's website.

While council has recommended keeping the status quo of 23 councillors plus a mayor, Halifax's mayor suggested trimming council down to 16 members and a mayor.

The UARB recently ruled against a similar recommendation from the Cape Breton Regional Municipality. The regulator decided 12 councillors and a mayor was sufficient, reducing the size of council by four. ● ALEX BOUTILIER

1

news



Ultra-low-calorie foods aim to keep dieters in touch with their inner glutton.
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On the web at metronews.ca

Should investors rely on news of international debt woes or strong corporate earnings? Allan Small has more: metronews.ca/investing



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04

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WEDNESDAY, JULY 27, 2011



► Micalah David, left, and Bernice Arsenault tie-dye T-shirts in this file photo from the 2009 Africville Reunion.

Reunion returns

- Campsite set up Thursday, festivities run to Tuesday
- Next year will be first reunion with completed church



RACHEL
WARD

HALIFAX@METRONEWS.CA

The Africville community will have something extra to celebrate during its reunion this weekend.

Seaview Park will be renamed Africville on Friday at 1 p.m. in an official sign change.

A replica of the former Seaview United Baptist Church is now being built and set to be finished Sept. 25. The foundation has been laid and landscaping is almost done, said Irvine Carvery, president of the Africville Genealogy Society.

Families and friends of Africville will gather in the park along the Bedford

Highlights

- **Friday:** Seaview Park sign changes to read Africville, official ceremony at 1 p.m. Sociable and dance with DJ in tent at 7 p.m.
- **Saturday:** Children's day activities include games, food, bouncy castles, a petting zoo by Hatfield Farms and prizes
- Barbecue at 2 p.m.
- **Sunday:** Church service praise time at 2:30 p.m.
- Service begins with speaker pastor Sherry Avery

Basin starting Thursday. Many of them will be camping in the former neighbourhood of Africville, which was cleared to make

room for the A. Murray MacKay Bridge and Seaview Park. The last Africville resident was evicted in 1969.

The Africville Picnic and Reunion Festival starts Friday with activities, good food and social events.

There are a few additions this year, including the sign change, because of the settlement agreement between the city of Halifax and the Africville Genealogy Society.

A number of people from across Nova Scotia and throughout the United States will also attend the reunion this weekend, said Carvery, a former Africville resident. One man from New York state has been attending for 10 years.

ATLANTIC PROVINCES

Prosperity depends on exports: Council

The Atlantic Provinces Economic Council says the region's prosperity in the coming decade will depend on its ability to increase exports.

The council says with the exception of crude oil exports from Newfoundland and Labrador, the region has low levels

of exports compared with other provinces in terms of value added.

Senior council economist David Chaundy says the Atlantic provinces need to increase exports with the development of higher value-added products and services and companies should expand into new markets.

The council says weak demand for key products such as lumber and newsprint, a higher dollar and increased competitive pressures have hampered progress in exports since 2000.

THE CANADIAN PRESS

Dead whale washes up on beach

A large fin whale has washed up dead on a beach in Petit Etang along the western shoreline of Cape Breton.

Arthur LeBlanc, an official with the Department of Fisheries and Oceans, says the whale is between 12 and 15 metres long. He says officials hope testing will give them more information about the cause of death.

THE CANADIAN PRESS

Quebec reels from Layton's sick leave

- NDP won 59 of province's 75 seats in election
- Layton's leadership integral to Quebecers' support

Quebecers are expressing sadness and shock at the news that Jack Layton is taking a sick leave less than three months after his historic electoral triumph in the province.

Major newspapers, politicians of different stripes and regular citizens offered words of encouragement yesterday to the NDP leader in his battle against cancer.

In the recent federal election, Quebec voters nearly wiped the Bloc Québécois off the map — and were so keen to support Layton's party that, in some cases, they elected people who had never even seen their riding. A common refrain heard in Quebec after the election was, "I voted for Jack."

But one central Quebec businessman, Jean-Guy Otis, said he still had no regrets about voting NDP. He said the party is bigger than



► NDP Leader Jack Layton

THE CANADIAN PRESS

tion shared an anecdote to illustrate the role Layton's personal popularity played in the NDP breakthrough.

Marc Lemay, the former Bloc MP for Abitibi-Temiscamingue, said his election observers reported that, on May 2, at least three voters left voting centres without casting a ballot. They apparently refused to vote because they didn't see Layton's name listed among the local candidates.

Lemay argued that the NDP owed its success to Layton's persona.

Layton also received words of support from Montreal newspapers.

However, one columnist in the local tabloid Le Journal de Montréal wondered whether Quebec voters might now feel like orphans after blindly supporting Layton without knowing the rest of his party.

THE CANADIAN PRESS

just one man.

"I don't believe that one leader, that one person, can be the NDP," said Otis, who co-owns a beauty salon on the main strip in the town of Louiseville. "It's an ensemble of individuals and there are very good individuals who are part of it."

But one Bloc incumbent defeated in the federal elec-

Health agency seeks missing docs

Colon-cancer screening tests for almost 6,500 Ontario patients have been lost in the mail, and the provincial health agency who sent them to doctors' offices says several thousand more could also be

missing. Cancer Care Ontario said yesterday that 15 reports mailed in February and March were never delivered. The incident is being investigated for a possible privacy breach.

THE CANADIAN PRESS

Gas explosion strikes firefighters

Two Edmonton firefighters have been taken to hospital with small burns on their faces after a gas explosion.

A fire crew was called to a south-side home after a woman smelled gas.

Four firefighters were shutting off a gas meter on the side of the house when an explosion blew open a side door.

All four were knocked to the ground. Two were taken to a hospital as a precaution.

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► Models run in the rain across George Street in Ottawa yesterday afternoon while promoting Moores' second annual suit drive.

JESSICA SMITH/METRO

Models run for cover

Moores Clothing for Men sent scantly clad male models out onto the streets of major cities across Canada yesterday to help raise awareness about their charity clothing drive. The clothing company is giving customers who donate clothes 50 per cent off on a new suit.

War-crime site a hit: Minister

Federal Public Safety Minister Vic Toews says a new website with suspected war criminals in Canada might be expanded to cover domestic crimes committed by foreigners.

He made the comment after the arrest of Manuel De La Torre Herrera, a suspected war criminal listed on the website. The Canadian Border Services Agency says Herrera was part of a brutal government regime in Peru, and was denied a refugee claim several years ago. He was found this week.

THE CANADIAN PRESS

3rd

Herrera is the third suspected war criminal caught since last week, when the federal government launched a website featuring 30 of the most wanted suspects.

Driver in rampage faces 11 charges

A 44-year-old B.C. man is facing criminal charges after allegedly running down two women last night in North Vancouver. RCMP say a driver in a blue Mustang drove his vehicle into a woman, who launched over

the hood of the car. He then fled and backed into another woman, pinning her against a signpost. Police said both victims suffered non-life-threatening injuries.

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Grieving dad recalls last words of his 'teddy bear'

- ▶ 'Someone is shooting,' Norway massacre victim said in final phone call
- ▶ Gunman regards himself as 'some kind of saviour,' his lawyer says

The father of one of the Norway massacre victims said his son's last words were "Dad, someone is shooting."

Gunnar Linaker's father said Gunnar was "a calm, big teddy bear with lots of humour and lots of love."

His voice weak and trembling, Roald Linaker said he had been on the phone with his 23-year-old son when the shooting started.

"He said to me: 'Dad, dad, someone is shooting,' and then he hung up."

That was the last he heard from his son. Gunnar was wounded and was taken to a nearby hospital, where he died Saturday.

Is he insane?



▶ Anders Behring Breivik, the 32-year-old who has confessed to the massacre,

His 17-year-old sister also was at the camp but survived, Roald Linaker said.

Yesterday, the newspaper Dagbladet posted the names of victims.

Three of the victims did not appear to be ethnic

is likely insane, says his lawyer.

- ▶ He is unaware of the impact of the attacks and asked his defence counsel how many people he had killed, lawyer Geir Lippestad said yesterday.
- ▶ Lippestad said Breivik took drugs to "to be strong, to be efficient, to keep him awake" during the 90-minute attack.

Norwegians — examples of the multi-ethnic Norway that gunman Anders Behring Breivik says he despised.

The Friday attacks began with a bombing outside the building that

houses the prime minister's office in Oslo. Eight were killed.

Then, Breivik opened fire on an island retreat for the youth wing of the Labor Party, leaving dozens dead and hundreds of terrified young people scrambling to escape, many trying to swim away.

Though Breivik has been charged with acts of terrorism, lawyer Geir Lippestad said he could also be charged with crimes against humanity.

Although the stiffest sentence in Norway is 21 years, the lawyer said his client would never be set free.

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URGENT: Famine in the Horn of Africa



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EMILIO MORENATTI/THE ASSOCIATED PRESS

'Keystone Kops' face criticism

When Anders Behring Breivik launched his assault on campers on Norway's Utoya Island, he expected special forces to swoop and stop him fast.

But he was given time to kill.

Officers of Oslo's Delta Force had to drive — because police don't own a transport helicopter.

Then they were rescued by a civilian boat when their own broke down as it tried to navigate a one-minute hop to the island.

It took police more than 90 minutes to reach the gunman, who had mortally wounded 68 people.

International experts said Norway's government and security forces must learn stark lessons from the killings — made worse by lackadaisical planning for terror.

Andrew Silke, director of terrorism studies at the University of East London, called the police response "a bit Keystone Kops."

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'We're human'



Police spokesperson Johan Fredriksen, above,

rebuffed journalists' questions yesterday about the planning and equipment failures that gave Breivik untold extra minutes to kill.

- ▶ Fredriksen called the criticisms "unworthy."
- ▶ "We can take a lot, we're professional, but we are also human beings," Fredriksen said.

south Lebanon yesterday, wounding five.

Moroccan mountain.

THE ASSOCIATED PRESS

Three survive plane crash

RABAT, Morocco. Seventy-eight people were killed — and three survived — when a C-130 military plane crashed into a

Gander gets grim memento

ST. JOHN'S, N.L. New York firefighters are giving a piece of the World Trade Center to Gander, N.L., for help after the 9-11 attacks. THE CANADIAN PRESS

News in brief

Bomb rocks UN convoy

BEIRUT. A roadside bomb blew up next to a United Nations convoy carrying French peacekeepers in



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McD's gets appy and healthy

► U.S. Happy Meal customers can already choose apples instead of fries ► But only about 11 per cent do

McDonald's Corp. is adding apples to all its Happy Meals and launching a nutrition-focused mobile-phone app as part of a broader health push.

The changes underscore how the restaurant industry is reacting to the demands of customers and regulators who blame it for health ills ranging from childhood obesity to diabetes.

Among other changes in McDonald's new program:

- A pledge to reduce sugars, saturated fats and calories through "varied portion sizes, reformulations and innovations" by 2020. By 2015, the fast food chain will reduce sodium by 15 per cent.
- McDonald's will introduce a new mobile app fo-

cused just on nutrition information.

• McDonald's USA president Jan Fields and other executives will go on a "listening tour" in August to hear suggestions from parents and nutrition experts. The chain will also launch a new online forum for parents.

McDonald's says the new directives are "absolutely not" related to impending regulations that will force the industry to curb the marketing of junk food to children and post nutrition information on menus.

Rather, the changes are a response to what customers were asking for, said Cindy Goody, McDonald's senior director of nutrition.

THE ASSOCIATED PRESS



Economic woes anger Israelis

Thousands of young protesters have set up sprawling tent camps in Israeli cities, forcing Prime Minister Benjamin Netanyahu yesterday to introduce economic reforms to address a

swell of discontent over high housing costs and stave off the worst domestic crisis of his two years in power.

Netanyahu's reforms, meant to bring down steep housing prices, appeared unlikely to end the crisis, which already has forced him to cancel a high-profile visit to Poland and sent his approval ratings plummeting. THE ASSOCIATED PRESS

Market moment

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Cheaper cell plans hurting Rogers

Rogers Communications Inc. faced tougher cell-phone competition from players big and small alike as the country's largest wireless carrier saw its second-quarter profit drop by nine per cent.

"We're selling and competing in an increasingly competitive market," Rob Bruce, president of Rogers' wireless division, said yesterday.

Rogers said it was hit on a number of fronts in the cellphone market after reporting its net income slipped to \$410 million, or 75 cents a share, down from \$452 million or 77 cents a share a year ago.

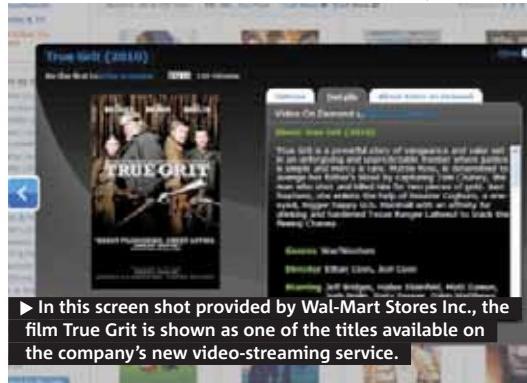
"We delivered the results today against a backdrop of fairly intense competition with our incumbent friends Bell and Telus, particularly in the business space with aggressive pricing and promotions," Bruce told reporters on a conference call.

THE CANADIAN PRESS

Walmart.com now streams flicks

The world's largest retailer yesterday started streaming many movies the same day they come out on DVD, in a second bid for a share of popular movie rental and streaming website Netflix Inc.'s business and just two weeks after Netflix announced new price increases.

Wal-Mart Stores Inc. bought video-streaming service Vudu.com 18 months ago and now offers 20,000 titles that can be viewed on almost any



device with Internet access, from computers to televisions to Sony's PlayStation3 and other Blu-ray disc players.

Movies are available at Walmart.com to rent for \$1 to \$5.99 or to purchase for \$4.99 and up. Wal-Mart is not offering subscriptions, making its service more similar to Apple Inc.'s iTunes, which charges \$3.99 to rent newly released movies and \$14.99 to buy a movie.

THE ASSOCIATED PRESS

RIM teasing the fans – on Twitter

► Canadian technology icon turns to social media as it fights back in tough global smartphone market

Research In Motion is fighting back with a social media event to promote its upcoming BlackBerry devices.

It's the company's latest move to contend with an increasingly competitive smartphone market as it undertakes severe cost-cutting measures.

The Waterloo, Ont.-based company teased followers of its official Twitter feed with an invitation to what it has dubbed "BBFanNight."

The company says it will provide fans some details on the previously announced BlackBerry devices, which use its updated operating system BlackBerry 7.

"The workforce reduction is believed to be a prudent and necessary step for the long-term success of the company"

STATEMENT FROM RIM

The announcement came a day after RIM said it would cut 2,000 jobs, or about 11 per cent of its global workforce, to reduce costs amid a competitive smartphone and tablet market.

RIM stock has been hammered in recent months and is hovering near a 52-week low, and

though the company has remained profitable it has received harsh criticism from analysts and investors.

The savage job cuts are the largest in the Canadian technology icon's history and come after several years of rapid global growth and expansion.

RIM is facing a host of competition in the smartphone market from Apple's hugely successful iPhone and the emergence of smartphones that use the Google Android operating system, both of which have hurt its share of the important U.S. market.

THE CANADIAN PRESS

laying potential new government contracts in this key area of its business.

The Montreal company, which bought Stanley Inc. last August for \$1 billion US to increase its access to the American defence, intelligence and government IT markets, said it has 150 outstanding bids with the federal government valued at more than \$1.5 billion.

THE CANADIAN PRESS

Nissan's eyes on China

EXPANSION. Nissan announced an \$8-billion expansion plan for China yesterday as part of a global strategy to focus on faster-growing emerging markets and reduce reliance on the U.S..

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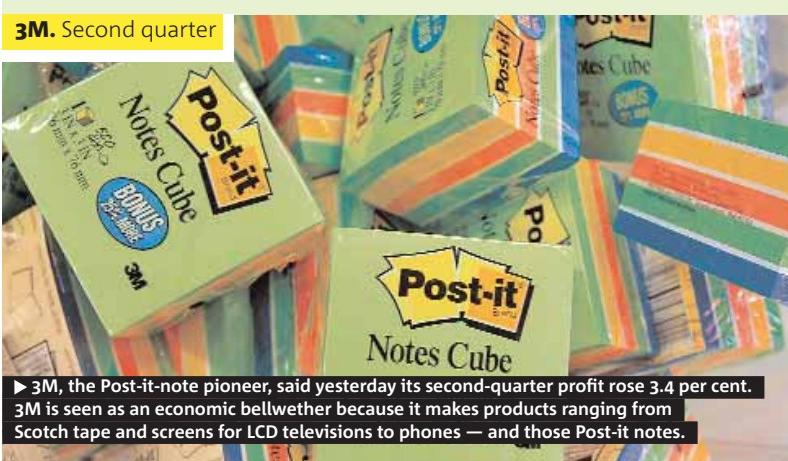
No shopping sprees for us

WORRIES. The Conference Board of Canada says consumer confidence in the economy eroded further in July as people worried about jobs, and were less willing to make large purchases.

THE CANADIAN PRESS

CGI playing a waiting game

UNCERTAINTY. The technology company CGI Group said yesterday that uncertainty about the U.S. federal budget is de-



► 3M, the Post-it-note pioneer, said yesterday its second-quarter profit rose 3.4 per cent. 3M is seen as an economic bellwether because it makes products ranging from Scotch tape and screens for LCD televisions to phones — and those Post-it notes.

PAUL SAKUMA/THE ASSOCIATED PRESS

Profit rise is worth a Post-it note

IMF chief seeks U.S. 'courage'

The impact of a failure to raise the U.S. borrowing limit could extend beyond America's borders and damage the global economy, the chief of the Inter-

national Monetary Fund said yesterday.

Christine Lagarde in New York urged U.S. leaders to show the same "political courage" that

European leaders demonstrated last week, when they agreed on several new measures to address that continent's debt crisis.

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NOT EVERY DOG HAS A DAY LIKE THIS

JUST SAYIN' ...

PAUL SULLIVAN
METRO



Alexander McQueen had it all. The English fashion designer rose from the obligatory humble beginnings in London's East End. He was the son of a taxi driver and a school drop-out at 16.

By the time he was 40, he was one of the world's leading fashion designers. Kate Middleton's wedding dress, currently the target of pilgrimages to Buckingham Palace where it's on display, is the work of an Alexander McQueen designer.

None of this was able to soothe the beast of depression, and last February, just days after his mother died, Alexander McQueen hanged himself in what the English call a wardrobe ... a closet.

Now comes the task of dividing his 16-million-pound fortune and eyebrows are heightened on both sides of the pond with the news that 50 thousand pounds of it are going to the dogs.

"Three dogs, in fact: Juice, Minter and Callum, the world's luckiest English bull terriers. Fifty thousand pounds will buy a lot of kibble and flea baths, not to mention squeaky toys."

pounds each to the Battersea Dogs and Cats Home and the Blue Cross animal-welfare charity.

Every dog has its day, but it's not every day the dogs inherit the treasure.

The CEO of the Blue Cross charity is "thrilled." Hard to tell what the dogs think, but tails are wagging all around.

We could put this down to Englishmen and their mad dogs, but it's hardly the dogs that are mad. Juice, Minter and Callum would be perfectly happy with three squares, shelter from the storm and a nice curb, but people like to anthropomorphize their pets, smother them in love and luxury and hope they get a nice greeting at the door in return.

I suspect that whatever Juice, Minter and Callum could have given their master it would have been infinitely less complicated and conditional than the web of relationships that defined his social circle. So I'm sure they're full value for their 50K.

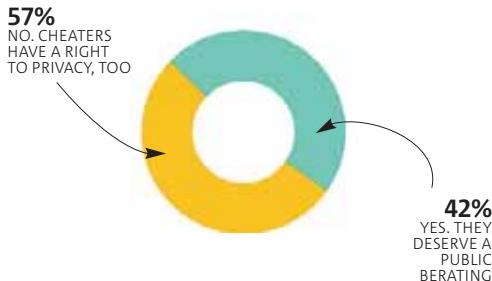
Still, if there's anyone out there who feels compelled to follow Alexander McQueen's lead, rest assured that for \$77,000 Canadian I'll take care of your pooches like they wuz kings. The line forms here.

Read more of Paul Sullivan's columns at metronews.ca/justsaying



Register at metropolitanpanel.ca and take the quick poll

Would you out a cheater online?



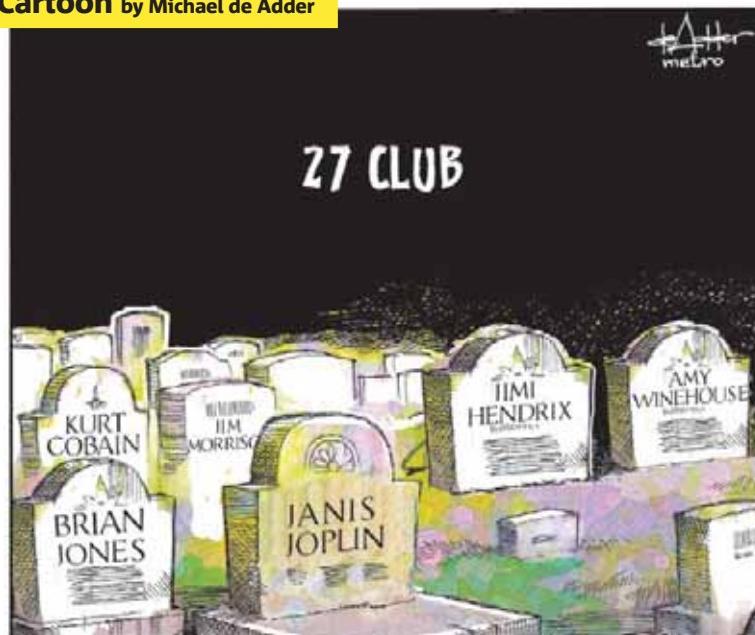
Letters

*Re: She Says column
(Table for two, please...
non-children) published
July 26*

I normally enjoy this article, but today I am a bit offended. Systematically barring any group from a restaurant is textbook discrimination. But I am more worried about the flippant attitude displayed when it comes to "happy meals" and that "you have to sacrifice a little" to go to a restaurant with children. Not all children behave badly. The bigger issue is a battle nationwide, in Canada and the U.S., against obesity. To suggest that these are reasonable alternatives is thoughtless. Think of the health of the kids — this is not a laughing matter. Children become what they become by how they are raised. Take your kids to fast-food joints all the time, and what do you get? Obese, lazy parents who take their kids to fast-food joints. More health problems, higher taxes to treat those problems, then no one will be able to go to nice restaurants because fast food, will be the only affordable option.

MICHAEL WEBER
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

Attack of the kangaroo ends with pepper spray

A 94-year-old woman struck an attacking kangaroo with a broom and managed to crawl to safety in her house in the Australian Outback before police subdued it with pepper spray.

Phyllis Johnson said the kangaroo attacked her while she was hanging her laundry in her yard Sunday in the Queensland state town of Charleville.

"I thought it was going to kill me," Johnson told The Courier Mail from a hospital bed. "It just plowed through

the clothes on the washing line straight for me."

She said the kangaroo knocked her down and kicked her prone body. Johnson said she managed to get to her feet and grab the broom to hit it.

"She fought it off herself with a bit of help from the family dog," her son, Rob Johnson, said, adding the kangaroo had "a bit of a go" at him when he came home, then he called police.

Senior Sgt. Stephen Perkins said the first officer to reach the backyard was forced to spray the kangaroo to avoid being injured.

Wildlife rangers trapped the kangaroo. It will be examined by a vet before a decision is made about its future, a government official said.

THE ASSOCIATED PRESS



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HANDOUT



Crow



Some winning bidder will soon be cruising life's winding road in Sheryl Crow's 1959 Mercedes-Benz 190SL Roadster. Crow is auctioning off the classic car next month with the proceeds going to help rebuild the tornado-ravaged city of Joplin.

THE ASSOCIATED PRESS

A man of few words

► Soft-spoken and reserved, Ryan Gosling struggles with living in the spotlight ► *Crazy, Stupid, Love* star tells Metro how he gets past his fear

 HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

In an interviewing style that references De Niro's tight-lipped one-word answers or Bob Dylan's absurd responses, it's never easy to pin down Ryan Gosling. But while he promoted his latest film, the romantic comedy *Crazy, Stupid, Love*, the Notebook star was forced to talk about himself and, unfortunately for him, dating.

So much has been said about casting you in a comedic role. Do think you're funny?

Yes. I'm just trying to convince you of that.

That's it? Just yes?

Uhh ... you want more? It's not good enough. I guess I'm not funny. I'll work on it. I don't know how to answer that.

This project shows off your improv skills. Are there any projects you're interested in that would allow you to do more of that?

No. I don't want to improv. They make me because

they get bored. They're like, be funnier. Make something up. Entertain us. Dance, monkey.

Would you host Saturday Night Live?

I'm too scared. It took me a lot to get up the guts to do this.

What was scary about doing *Crazy, Stupid, Love*?

I'd never done a comedy before so that was scary. I did it because I love Steve Carell. I think he's the best. When I first moved to Los Angeles, I did a pilot and I was 17. I had a small

part and so did Steve. He was so funny that I would go to the set to watch him work.

Your character in the film, Jacob, is really good at picking up ladies. Can you relate to him at all?

Not really. I don't know if anyone can. He's kind of like Bugs Bunny. I relate more to Steve's character. It was hard to play Jacob. **So then are you shy around women?**

I don't know how to answer that. They come up to me and then they're dis-

Photoshopped

In *Crazy, Stupid, Love*, co-star Emma Stone's character says Ryan Gosling's stomach looks like it's been photoshopped since it's so ripped. Gosling shares with us how he got in shape for the role.

► Quote: "James Cameron invented this program called the 'Abbatar' where I just wear this motion capture suit and I've got muscles. So yeah, that's all. It was really easy."

pointed that I'm not Ryan Reynolds.



With gay marriage legal in New York, actress Heather Matarazzo to wed longtime girlfriend

Laying Winehouse to rest

- Autopsy fails to determine cause of singer's death
- Police waiting on toxicology tests, results in 2-4 weeks

Friends and family were saying goodbye to Amy Winehouse yesterday at a private funeral ceremony in London.

Producer Mark Ronson and media personality Kelly Osbourne — her hair piled beehive-high in an echo of the singer's trademark style — were among mourners arriving for the service at Edgwarebury Cemetery in north London.

The service was expected to be followed by cremation and a family gathering at a local synagogue.

The soul diva, who had battled alcohol and drug ad-

"Amy was about one thing and that was love." FATHER MITCH WINEHOUSE



ALL OTHER PHOTOS GETTY IMAGES

diction, was found dead Saturday at her London home. She was 27.

On Monday the singer's father, mother and brother visited the house where she died, thanking mourners who had left flowers.

"Her whole life was devoted to her family and her friends and to you guys as well," father Mitch Winehouse said to fans.

Winehouse released only two albums in her short career — winning five Grammy awards for the second, *Back to Black* — and often made headlines because of drug and alcohol abuse, eating disorders, destructive relationships and abortive performances.

Since her death, her records have re-entered album charts around the world, and tributes have poured in from fans and fellow musicians.

George Michael called her "the most soulful vocalist this country has ever seen," and Adele said she "paved the way for artists like me and made people excited about British music again." **THE ASSOCIATED PRESS**

Amy's ex reacts

Despite their messy split in 2009, Blake Fielder-Civil is "devastated and shattered" by the news of ex-wife Amy Winehouse's death, his current girlfriend, Sarah Aspin, tells the Sun.

► "I will never ever again feel the love I felt for her," Fielder-Civil reportedly told Aspin. "Everybody who knew me and knew Amy knew the depth of our love. I can't believe she's dead."

► Staff at the jail where Fielder-Civil is currently serving out a three-year sentence for burglary and firearm possession have been instructed to keep a closer eye on him. "He just can't take it in that she's dead and he'll never see her again," Aspin says.



► Kelly Osbourne arrives at Golders Green Crematorium for the funeral ceremony of British singer Amy Winehouse, north London, yesterday.

Kat Von D and Jesse James split

Jesse James and Kat Von D have called off their engagement, the L.A. Ink star confirmed on Twitter.

"I am no longer [with] Jesse, and out of respect for him, his family and myself, that's all the info I'd like to share," she posted.

James, though, was will-

ing to share a bit more, telling People magazine, "I'm so sad because I really love her."

He claimed too much distance was the reason for the split. The pair began dating shortly after James' divorce from Sandra Bullock was finalized. ● METRO



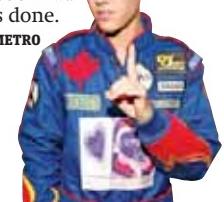
► Jesse James and Kat Von D

Biebs and his old man get matching tats

Justin Bieber wasn't alone when he went under the tattoo needle recently.

The pop sensation recently had Jesus in Hebrew tattooed on his side, and his dad got the same ink as well, accord-

ing to Celebuzz. He even held his son's hand when the younger Bieber had his done.



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THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA



Billing itself as "the greatest vacation spot in the world," the Thousand Islands region in southeastern Ontario is doing its darnedest to earn that moniker.

Being a B.C. boy who has travelled the world, it's pretty hard to find unique and unusual places. The Thousand Islands is one of those rare gems that really does stand out.

After arriving at the quaint, historic Gananoque

What to do

► Visit Boldt Castle: Built on one of the islands by an American millionaire for his wife, this amazing cas-

tle is a stunning piece of architecture worth seeing. ► Skydive: For the adventurous, freefall on your first jump and enjoy a stunning view of the islands.

my day on the water.

However, I was soon distracted from my traumatic fish experience by all the other fun things happening here. Back on the mainland in Gananoque, I wiled away a morning cycling by all the gorgeous heritage-style houses in the area.

Another scenic area is the Gananoque Trail hike, which brings you through forest and along the river front. But to really get a good look at this area, you have to head to Hill Island near the U.S. border.

Here you can ride to the top of the Thousand Islands tower sky deck and get a breathtaking view of the river and all those islands.

They aren't cheap anymore, but I sure wish I had the money to own my own island.



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MATTHEW MEAD/THE ASSOCIATED PRESS

Maybe you need another idea for packing fibre and vitamins into your child's lunch.

Or maybe you're looking for a way to convince yourself to eat more fruit.

Either way, making a dip (or three) in which you can dunk your fruit can make it a little more enticing, and a lot more fun.

In constructing a healthful dip for fruit, the main problem lies in the base of the dip.

You want something that doesn't pile on the fat or sugar, but still is interesting enough that you want to dunk apples and strawberries in it.

We wanted to create a creamy base that could be easily flavoured.

For obvious reasons, the full-fat versions of cream cheese and sour cream

were out. Greek-style yogurt has a great mouth feel and creaminess, but some people find it overwhelmingly tart.

So we opted to use low-fat cream cheese blended with non-fat Greek yogurt.

The result is creamy and luscious and is a perfect base for flavourings.

As a bonus, it's also a great way to get calcium.

Preparation:

1 In the bowl of a food processor, combine the non-fat Greek yogurt and low-fat cream cheese. Process them until completely smooth. Divide the mixture among 3 bowls.

2 Chocolate dipper: In a small bowl, mix together the cocoa powder,

honey, cinnamon and milk until the mixture is completely smooth. Add it to one of the bowls of yogurt mixture and stir until it is smooth.

3 Citrus dipper: Stir both of the zest, honey and orange juice into one of the remaining bowls of the yogurt mixture.

4 Orchard Spice dipper: Stir the vanilla, butter rum extract, cinnamon, ginger, nutmeg, cloves and honey into the last bowl of yogurt and cream cheese mixture.

5 Serve your Chocolate, Citrus and Orchard Spice dips with cut-up wedges of apples, pears, peaches, berries, and your other favourite fruits.

THE ASSOCIATED PRESS

Drink of the week

Watermelon Lemonade

Feel free to add frozen fruits to this recipe for an even thicker slushy-like drink.

- 1 l (4 cups) ice
- 1 l (4 cups) watermelon chunks
- 75 ml (1/3 cup) lemon juice
- 30 ml (2 tbsp) honey
- Pinch salt

In a blender, combine ingredients and purée until smooth. You may need to stop blender and stir ingredients once to ensure everything blends evenly. Serve.

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David Guetta ft Flo Rida - Where Them Girls At?
Nicki Minaj - Super Bass

8 7 6 5 4 3 2 1

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Shopping List:

Base

- 500 ml (2 cups) non-fat plain Greek-style yogurt
- 250 ml (8 oz) low-fat cream cheese

Chocolate

- 50 ml (1/4 cup) unsweetened cocoa powder
- 30 ml (2 tbsp) honey
- Pinch cinnamon
- 30 ml (2 tbsp) fat-free milk

Citrus

- Zest of 1/2 lemon
- Zest of 1/2 orange

- 30 ml (2 tbsp) honey
- 30 ml (2 tbsp) orange juice

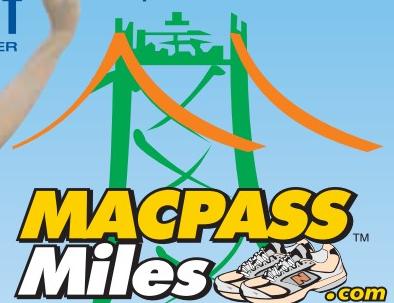
Orchard Spice

- 15 ml (1 tbsp) vanilla extract
- 5 ml (1 tsp) butter rum extract
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) dry ginger
- Pinch ground nutmeg
- Pinch ground cloves
- 30 ml (2 tbsp) honey

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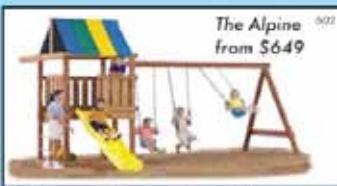
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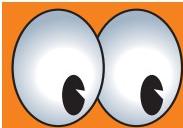
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WEDNESDAY, JULY 27, 2011

A scholarship success story

STUDENT VOICE

ADAM STACEY
TALENTEGG.CA

Being involved in my community has always been an important aspect of my life. However, it wasn't until my final year of high school that I realized just how beneficial my involvement would be.

In my grade 12 year I began applying for post-secondary scholarships. I described my extracurricular and volunteer activities in my applications and, eventually I found success.

I graduated with total scholarship offers of more than \$100,000. I was extremely proud to call myself a TD scholar, a National Millennium laureate, and a recipient of Nova Scotia's Premier's Power of Positive

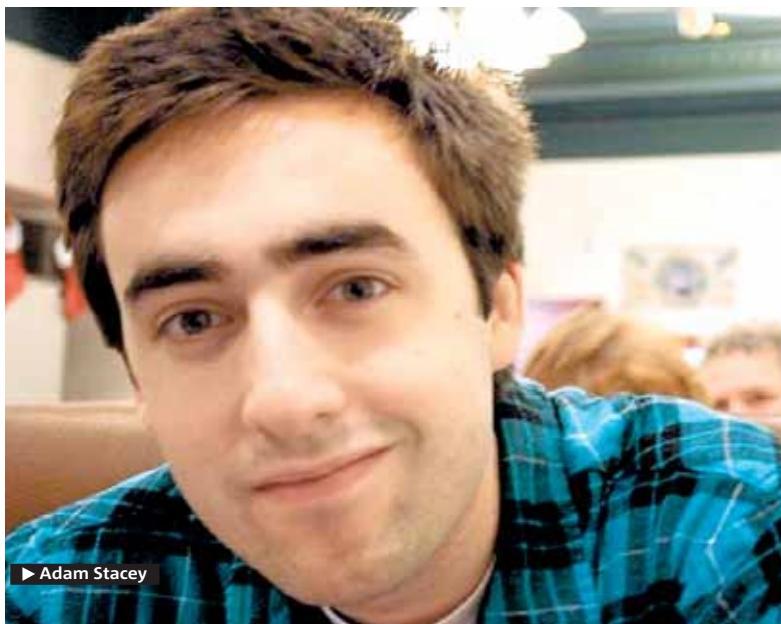
What I learned

Key take-away from Adam's experience:

- Do your homework. Research scholarships to find ones that match your skills, accomplishments and interests. Check out StudentAwards.com and ScholarshipsCanada.ca to have scholarships matched to you.
- Apply to anything and everything you think you could win. Some scholarships are left unanswered in a given year because no one applied.

Change award.

These awards brought two awesome benefits: 1) I would leave university debt-free and, 2) I had guaranteed summer employment for the next four years. (Along with the scholarship



► Adam Stacey

Where Adam is now

I just finished my second year at the University of New Brunswick on the TD Canada Trust Scholarship. Next year I am transferring to Acadia University to finish my Honours in Psychology. I work as a teller for TD during my summers and I'm thinking about law school for the future.

money, TD scholars are offered full-time summer employment with the company in between school years.)

Although I deeply appreciated the scholarship money, it was the offer of employment that proved

most valuable.

My experiences thus far with TD's summer employment program have been exceptional. In my first summer, I had the opportunity to work at any TD Canada Trust branch in the country. Working as a

teller, I learned the business from the ground up.

Second, third and forth summers are more flexible and can include working at TD's head office in Toronto, at one of TD's regional offices or at a non-profit organization.

After the four years, many of the scholars decide to stay on at TD, which speaks volumes about the company, the scholarship and the summer program.

Providing scholarship money to high school graduates for their post-secondary education is something companies have been doing for a long time. It's a nice way to give back to the community and amp up a corporate image.

Although any funding is appreciated by students, organizations are missing out if they aren't using their scholarship program as a means of recruitment.

Employers should realize that scholarship programs are an awesome way to give back to the community and build a pool of great potential employees.

My advice to students (high school, undergraduate or graduate!), is that you would be crazy not to apply for scholarships. There is so much untapped money out there. TALENTTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTTEGG.CA.

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REVIEW CONTRACTS WITH CARE

WORKPLACE LAW

DANIEL LUBLIN
DAN@CANADA
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It's possibly the worst fraud in workplace law – corporations, with expensive lawyers and deeper pockets, insisting that employees sign one-sided contracts that reduce their legal rights. And employees, without bargaining power or an understanding of the law, not realizing their interests have been undermined. This is the tale of one nameless client who may learn this lesson the hard way.

In a file I have, the employee worked for her company for nearly 20 years. She was told that she would have to sign a contract simply to "confirm her employment,"

which is unnecessary, of course, but was said to her in an effort to encourage her to just sign it. Fearful of antagonizing her employer and concerned that she could lose her job, the employee signed her name and continued work as before. Many years later, she was fired as part of a restructuring and offered a severance package well below the minimum for someone of her age and tenure.

It was a simple win – or so I thought when I first reviewed her case. But (and there is always a but in workplace law) the contract she signed specifically limits her damages to only one week's pay, which is just the minimum and well below what is fair. Although the conclusion to this case will be based on

other factors that are involved, there is one certainty: without the contract, her case would be stronger.

What most employees do not understand is that they do not need a written employment contract in order to protect their rights. This is because the law implies a number of favourable terms designed to defend them, such as the requirement not to change the terms of their job, from which constructive dismissal arises; the prohibition against dismissal without fair notice, which is otherwise a wrongful dismissal; and the ability to work for competitors and solicit clients following departure.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP. TO READ THIS ARTICLE IN ITS ENTIRETY VISIT METRONEWS.CA

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WEDNESDAY, JULY 27, 2011

GOLF IN THE MARITIMES



► Northern Nova Scotia's exclusive Fox Harb'r, with its spectacular ocean views and a combination of Scottish style and parkland play, is one of the top golf destinations in the world.

Region's golf course leaderboard

► Golfers from around the world descend on the Maritimes for the variety of courses and stunning scenery

 JON
TATTRIE
FOR METRO

With acres of ocean-front fields, rolling hills and stunning valleys, the geography of the Maritimes makes it a golfer's delight.

A trip through five of

the top courses in the region will take you from rugged highland coasts to challenging ocean-side courses.

P.E.I.'s Brudenell River Golf Course features a picturesque garden and river, highlighted by lakes and ponds. It's a 30-minute

drive from Charlottetown and is a favoured spot for professional golfers.

The island also offers the Links at Crowbush Cove, which Golf Digest named Canada's best new course in 1994.

Overlooking the north shore sand dunes, it is one

of the most challenging courses in the Maritimes.

In Nova Scotia, the Highlands of Cape Breton is a highlight. Golfers have a hard time picking just one course, but the Cape Breton Highland Links has been a popular destination for 70 years. The old

course's mountains and ocean models itself on the home of golf — Scotland.

Northern Nova Scotia's Fox Harb'r is one of the top destinations in the world. The exclusive club boasts links that blend Scottish style and parkland play.

In New Brunswick, the Fairmont Algonquin Golf Course in scenic St. Andrews by the Sea has challenged and charmed golfers for more than 100 years. Its ocean-front course will startle you almost as much as the surprises on the course itself.

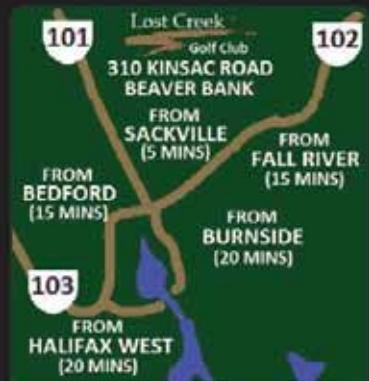
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► Chris O'Donnell



► Heather Locklear



► Alice Cooper

From red carpets to greens

► Multi-talented celebrities making name for themselves on golf courses



So many celebrities have embraced golf that there are now two Hollywood hot lists — one that measures box office returns and the other handicaps.

Veteran soap opera star Jack Wagner (0.3 handicap), perhaps best known these days as the boyfriend of Heather Locklear, has ruled as Hollywood's top competitive golfer for more than a decade.

Other sweet-swinging celebrities include Dennis Quaid (four), Craig T. Nelson



► Anne Murray



► Cheech Marin

son (4.7), Chris O'Donnell (5.2), Hugh Grant (7.4), James Caan (8.2), and Kurt Russell (8.2).

Though famous for his antics at celebrity tournaments, comedian Bill Murray (7.2) clearly takes the

game seriously. Another funnyman with a solid swing is Cheech Marin (9.8), who starred with Kevin Costner (11.2) and Don Johnson (8.3) in the golf movie classic *Tin Cup*.

Who is the most unlike-

ly celebrity golfer? For many people, that might be rocker Alice Cooper (5.3), who plays almost every day, even when touring on the road. Another musician devoted to golf is smooth jazz saxophone stylist Kenny G (0.6).

And proudly representing Canada is Anne Murray (12), who stands near the top of any list of female celebrity golfers.

The Nova Scotia songbird confesses she used to fantasize about playing on the LPGA Tour.

BRIAN KENDALL IS THE AUTHOR OF NORTHERN LINKS: CANADA FROM TEE TO TEE

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Behave like a pro when golfing with the boss

Work is tough, and climbing the corporate ladder requires overcoming obstacles: Competitive co-workers, demanding clients and, occasionally, sand, water and trees.

Many professionals will be asked to join their boss and clients for a round of golf this summer, and whether you play like a champion or rarely lift a club, here are some tips about how to act on the golf course.

Prepare for the round like it's a meeting. Call the pro shop ahead of time to

confirm the dress code. If you need to rent clubs make sure they have some available. If you know your boss and clients are inclined to indulge at the 19th hole after a round then plan ahead and offer to be the designated driver; being responsible will be rewarded.

Warm up. Always visit the driving range. Start with some simple chipping and half-swing shots — you will establish a reliable tempo, warm up gradually, and connect well with the ball.

Skip the shop talk. Don't start talking about work unless your boss does. They might want to know you a little better, learn about your favourite band, sports team or book.

Great putting is about speed control. Focus on getting the ball to slow down as it nears the hole. The slower the ball is rolling the more likely it will be to fall in. A good rule is to take the putter back and through the same distance, one inch for every foot on a flat putt. **NEWS CANADA**

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Don't let heat tee you off

BRIAN KENDALL FOR METRO

Summertime is sweet — but playing your best golf when the thermometer soars requires special preparation and, on occasion, internal fortitude.

Just ask Canadian golf legend Marlene Stewart Streit, who, in 2003, persevered through 47 holes of match play in broiling Texas heat to capture her third U.S. Senior Women's Amateur title. Streit, just six months shy of her 70th birthday, said fatigue and the unrelenting 32 C temperature were never serious considerations.

"I just wiped my neck and face with ice water and kept going," Streit said of her victory over an opponent 10 years her junior. "I was ready to play however many holes it took."

Streit knew that avoiding potential summertime health hazards such as



heat cramps (painful muscle contractions), heat exhaustion (characterized by nausea, headache and fainting) and heatstroke (a potentially life-threatening condition requiring emergency medical attention) is mostly a matter of common sense.

Start by checking the weather forecast and then

dress accordingly. On especially humid days, be sure to choose loose-fitting clothes and fabrics that won't stick to your body. Shop for products that are made of Coolmax fabric, which helps to protect against UV rays and keeps you cool and dry. And choose light colours such as white and yellow.

Even on cloudy days, a hat or visor is an essential part of every golfer's wardrobe. Visors enable the top of the head to release heat, unlike a hat, which traps it in.

Don't forget the sunscreen and always bring a towel and plenty of water.

Staying hydrated is the single most important factor in combating the effects of heat.

Finally, try to book tee times early in the morning or late in the day when temperatures are cooler — even if that means you won't be able to blame bad shots on the weather.

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Quoted



"I'm pretty and I don't get hit. I'm gonna feed off the energy of the room. A.J.'s gonna say 'I hate him, why is he doing this to me?'"

HALIFAX BOXER TYSON CAVE, TO THE WEBSITE PHILBOXING.COM, AT A PRESS CONFERENCE FOR HIS JULY 30 BANTAMWEIGHT FIGHT AGAINST A.J. BANAL IN LAPU-LAPU, PHILIPPINES. CAVE IS HOPING TO KNOCK OFF BANAL, WHO HAS A CONSENSUS TOP-10 WORLD RANKING.



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► Halifax Rainmen forward Josh Dollard drives past a Lawton-Fort Sill Cavalry opponent this past season. Dollard is one of five players on the Rainmen's NBL Canada protected list.

RYAN TAPLIN/METRO

Plot thickens in NBL's Maritime storyline

- Moncton among six other teams that have 'come to terms' with arenas
- Next step is signing lease agreements as NBL Canada moves ahead



MATTHEW
WUEST
@METRONEWS.CA

As far as Andre Levingston is concerned, Moncton will be a part of the National Basketball League of Canada in the fall.

"It's done," said the interim president of NBL Canada. "It's happening."

An out-of-town ownership group headed by Toronto businessman Steven Conville and former New Jersey Nets accountant Kimberly Blanco has spent the past month laying the groundwork for a franchise.

Last week, the City of Moncton approved a memorandum of understanding to put a team at Moncton Coliseum for the next three years.

A signed lease agreement, the franchise fee and a rubberstamp from NBL Canada are what it will take to make it official.

Moncton's inclusion

could be critical for the fledgling circuit, which launched in May and is embarking on its inaugural campaign in October.

"I've always wanted Moncton — for over two years," said Levingston, who owns the Halifax Rainmen, previously part of the Premier Basketball League.

"At one point this year, it was not going to happen, it looked like it would be a 'next-year' initiative, but things change and we were able to get the deal done."

NBL CANADA PRESIDENT ANDRE LEVINGSTON

NBL Canada's hardwood homes

An update of franchises and arenas expected to be part of NBL Canada's inaugural 2011-12 campaign:

- Halifax Rainmen (Metro Centre)
- Saint John Mill Rats

I've been in constant contact, I've visited that market several times, and we finally made it happen."

Other league business has seen the focus of Prince Edward Island's franchise turn exclusively to Summerside after talks failed to progress with Charlottetown, Lev-

ingston said.

A Summerside franchise would play out of Consolidated Credit Union Place, a 5,000-seat facility built in 2006.

Meanwhile, the league has ruled against allowing a salary-cap exception to sign NBA players. Twelve-player rosters must fit under the \$150,000 spending limit — no exceptions.

"I would think if you were to sign a (NBA) guy, he wouldn't make more than \$5,000, \$6,000 a month," Levingston said.

The next owners meeting is Aug. 19 in Toronto, followed by a tryout combine on Aug. 20 and 21 and the inaugural NBL draft on Aug. 21.

Levingston said the combine is drawing strong interest from high-level American players.

"I think this is going to be the best place to play in the world," he said. "I think the future is really, really bright for the National Basketball League."

Ferguson won't rejoin Rainmen

Desmond Ferguson's career as one of minor-pro basketball's top three-point shooters has come to an end.

Ferguson, who spent his final two seasons with the Halifax Rainmen in the Premier Basketball League, has retired, according to Rainmen owner Andre Levingston.

Levingston said the fledgling National Basketball League of Canada is working with Ferguson's company, Moneyball Sportswear, in the design and production of jerseys and merchandise.

The 34-year-old, six-foot-five small forward, was a rare multi-year member of the Rainmen. He is the franchise's all-time three-point leader, draining 104-of-241 in 34 games.

With Ferguson retiring, the Rainmen recently named forwards Josh Dollard and Eric Crookshank, guards Taliek Brown and Trayvon Lathan, and centre DeAndre Thomas to their NBL Canada protected list for 2011-12.

"Very high," Levingston said of the chances of all five returning to Halifax. "This is a great nucleus of guys to build around."

● MATTHEW WUEST

- (Harbour Station)
- Quebec Kebs (Laval University PEPS)
- Moncton (Moncton Coliseum)
- Summerside, P.E.I. (Consolidated Credit Union Place)
- London, Ont. (John Labatt Centre)
- Oshawa, Ont. (General Motors Centre)

Expectations at bay with Games a year away

► Canadian athletic programs have more modest goals for London compared to plan to be No. 1 in Vancouver

A year out from the 2012 Olympic Games in London, Canada's summer athletes feel inspired by what their winter counterparts did at the 2010 Games in Vancouver and Whistler, B.C.

Wrestler Carol Huynh, who won gold in Beijing in 2008, followed the exploits of several winter athletes she knows personally.

"There were so many Canadian athletes who were successful there," Huynh says. "It was just an overall general great feeling for everybody."

"I was there for quite a bit of the Games. Just getting that feel, that energy in the air in Vancouver, that was just amazing. It kind of brought me back to what I experienced in Beijing."

Canada finished third in overall medals with 25 in Vancouver and Whistler, but set a Winter Games

Going for gold



Paula Findlay
TRIATHLETE

Currently ranked No. 1 in the world.



Adam van Koeverden
PADDLER

Won silver in 2008.



Karen Cockburn
TRAMPOLINIST

Flag-bearer for 2008 closing ceremonies.



Priscilla Lopes-Schliep
HURDLER

Seven months pregnant.



Alex Despatie
DIVER

Won three golds at last Commonwealth Games.

Here are a few Canadian athletes to keep an eye on this time next year in London.

onto the summer side."

In London, Canada should have multiple medal threats in track and field, rowing, canoe/kayak, cycling, women's boxing and women's wrestling.

Results from world championships over the next few weeks in Shanghai will be a strong indicator of how Canada will perform in London.

"Our performance this year is critical," says Anne Merklinger, director of OTP's summer sports. "Our top sports — rowing, diving, wrestling, canoeing, trampoline — they need to be players, winning medals or nipping at the heels to win medals. Top-five finishes are critical for us at the major championships."

Canada ranked 15th in world championship medals won in 2010 with 18, according to OTP.

THE CANADIAN PRESS

record with 14 gold.

The 2012 Olympics open July 27 and close Aug. 12.

The Summer Games goal of Own The Podium and the Canadian Olympic Committee isn't to win the overall medal count, which was the objective in 2010.

"The reality is, certainly at the Summer Games, we

won't 'own the podium,'" says OTP chief executive officer Alex Baumann.

"We won't be No. 1 ... but we want to move up the ladder."

Canada was 19th at the 2004 Summer Games in Athens and finished tied for 14th in Beijing four years later.

Canadians won 18

medals — three gold, nine silver, six bronze — in Beijing to tie its second-best performance at a non-boycotted Games. Canadians also finished in fourth place 10 times in Beijing.

Canada's performance in Vancouver reinforced that Own The Podium, established five years out from the 2010 Winter

Games, had largely hit on a successful plan for winning medals. That strategy is the template for how Canadian high-performance sport now operates.

"I think what Vancouver gave us was we can actually be the best in the world," Baumann says. "That confidence can certainly be transferred over

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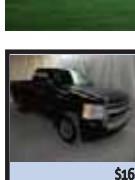
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Body changes

Visually, the 200 has been treated to a mostly new front end, including a cleaner-looking grille and hood.

The front fenders contain a contemporary set of projector-style headlamps and fog lights with Light Emitting Diode (LED) accents. There are also new fenders and LED taillights in back.

These changes are quite typical of the updates that many vehicles go through at the mid-point of their production cycles.



Interior

All is well, or at least better, on the inside now that Chrysler's designers have tossed out many of the car's hard-plastic panels and trim pieces.

The centrepiece is an all-new soft-touch instrument panel along with a clearly classier steering wheel.

Additionally, the armrests have soft-touch coverings and the seats are now better bolstered and have improved coverings.

Engine

The 200 convertible shares the same engine/transmission choices as the sedan. A 173-horsepower 2.4-litre four-cylinder that originated from last year's Sebring is standard on the base 200 LX.

The real star of the show is the new 283-horsepower 3.6-litre "Pentastar" V6 that replaces the previous 186-horsepower 2.7-litre V6 and the 235-horsepower 3.5-litre V6.



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Soak up some affordable summer fun



MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

Some like it hot, and if you do, then a two-door car that turns into a convertible is likely a cool thing.

The good news is that you don't have to drop big coin for a rolling hair dry-

er. The even better news is that this year's crop of contenders is hot stuff. Just take a look at the 2011 Chrysler 200.

The car has risen Phoenix-like from the ashes of what was better known until recently as the Sebring.

And although the basic

structure has been carried over, there have been a number of significant upgrades to improve the mid-size model's overall performance and create a more elegant appearance, both inside and out.

The updating of the Se-

bring-cum-200 wasn't too long overdue since the current body style has only been around since the 2008 model year. But the adjustments and name change were deemed as vital to reinvigorating the Chrysler brand by the

automaker's Fiat-based management that now runs the show.

The 200 convertible is 100 per cent about soaking up some relatively affordable summer fun for up to four passengers, heading to the beach or simply cruising in high style.

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► A little planning and preparation goes a long way when you're taking the family on that anticipated road trip ► Read on for some advice that could save you from major hassles

 **JEFF MELNYCHUK**
WHEELBASE MEDIA
DRIVE@METRONEWS.CA

The temperature needle is rising and you have another hour's drive until you reach your destination.

One more hour? It doesn't seem like you'll make it. You might be spending the night in a motel while your car catches its breath in a mom-and-pop garage.

It happens to everyone at one time or another, but holiday/vacation trauma is less likely with a little planning.

Yes, indeed, according to auto experts, planning and preparation actually works. Who would have thought? Sarcasm aside, of course we know this, so why don't many of us fol-

low our gut instincts ... or all that wholesome professional advice?

Take some time and invest in an inspection, especially if you have a long road trip planned ... and before it's too late.

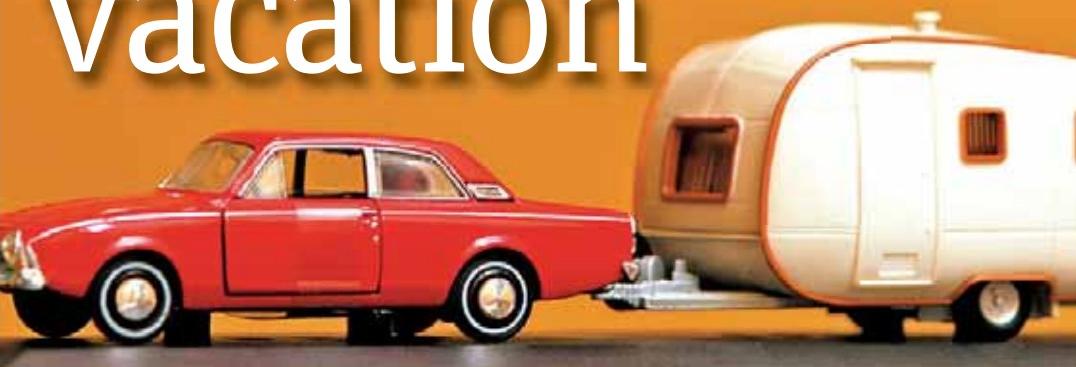
Most car manufacturers recommend regular service according to what's showing on the odometer, but we also have some tips that just aren't in the manual. Yes, there's a manual.

Boiling over and leaking

No matter how fresh, tasty and green engine coolant looks, it becomes very acidic over time. That stuff will eat your engine from the inside out.

So, it needs to be tested and changed if necessary. Then there are the hoses. Check them for leaks,

Summer vacation



cracks and swelling, which are all signs of fatigue.

Loading up the gear and piling a lot of people into a vehicle adds stress to all the systems, including the automatic transmission. An overheating transmission can cause engine coolant boilovers so have a shop check/change the transmission fluid.

Oil changes

Many car companies recommend an oil-and-filter change every three months or 5,000-10,000 kilometres, while some want you to do it less often than that even.

Consult your owners' manual to find out regular

maintenance-schedule specifics, and here's why.

Worn-out oil actually works against your engine, acting as an abrasive instead of a lubricant, causing excessive wear and premature failure (usually on the open road a hundred miles from grandma's house).

Brakes

Perhaps no other part of your vehicle takes as much punishment as the brakes. Have a technician inspect the system for wear and proper operation. Since this should be regularly checked, your brakes are most likely already in near perfect condition (you do have them

regularly inspected, right?). Since your minivan/maxitruck/Mini Cooper will most likely be packed to the gills with family members (who you presumably love) for a summer road trip, it's no time to lose your brakes.

A lesson we've learned the hard way is never, ever scrimp on brake pads since there can be dramatic performance differences.

Windshield woes

A dirty windshield causes eye fatigue and poses a safety hazard. Like, you haven't heard that a million times before. But just because you have new wiper blades doesn't mean

that you have clear vision.

On older vehicles that see a lot of highway miles, the windshield becomes sandblasted and pitted, creating a fuzzy, hazy view. The problem is amplified at dawn and dusk and when there's glare off a wet road. If you can swing it — perhaps even your insurance policy covers it — get a fresh piece of glass installed.

Battery

They're fickle creatures that quit at will without a care in the world about what you happen to be doing at the time. The only accurate way to detect a weak battery is with professional equipment.

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AUTO PILOT



MIKE GOETZ
DRIVE
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California's Silicon Valley looks pretty much the way I pictured it.

A more-lush version of a typical industrial mall. A-type "types" bicycling madly during their lunch hours, on a network of bicycle lanes, their racing helmets barely containing their immense heads, which were actually glowing with activity.

A group of us auto scribes were in the area, to visit GM's Advanced Tech-

nology Silicon Valley Office (ATSO), as part of a press preview for the new Buick LaCrosse eAssist (a new, mild hybrid).

GM set up the shop about five years ago, to be the automaker's "eyes and ears on the ground" in Silicon Valley.

It's a small place, with a small team — about 10 scientists and business managers with various backgrounds.

The man who heads up the team, Bryon Shaw, told us that the building reflects its mandate to forge relationships with its famous Silicon Valley neighbours, like Apple, Google, Cisco, Hewlett-Packard, NeuroSky, Nokia, SoundHound, MAD Maps, Digitario, and StratosAudio.

Those firms are not only known for their success, but also for their collaborative processes.

To grease the wheels of collaboration many adopt an interior design concept



Among other advancements, GM's Silicon Valley tech centre was responsible for developing the computer generation of personalized audio clues for consumer demographics and preferences in the Chevrolet Volt.

known as "caves and commons."

"Common areas are where you have teams of people working together, collaboratively, so everyone knows what is going on, and you don't have silos of information," said Shaw.

"This leads to faster development cycles, but sometimes you need to think... Common areas are

noisy. Cave areas are where you can retract into and get your hard thinking done." (This reminds me of one of my favourite bumper stickers: "Ever stop to think and forget to start again.")

Big Silicon Valley firms also have many, many conference rooms, which are typically booked the entire workday.

"But when you peak in,

you see only one person in that room, on the phone to a globally distributed team," noted Shaw.

"So we said how do make that work in a more space efficient way... That's why we have these 'phone booths', which are conference rooms for one person."

When ATSO staff need to liaison with someone

down the street, or across the globe, everything they need to get that done can be found in the blue booth — small desk, phone, internet connection, privacy, and good acoustics.

Not surprisingly, one focus of the team is incorporating connectivity and more electronic goodness into our vehicles.

Two of its more interesting advancements were developing Wi-Fi coverage to vehicle occupants while moving at highway speeds (not yet available in Canada), and personalized audio cues for the new Chevrolet Volt.

One concept the team is considering is a forward-looking camera on your vehicle, which can share "real time" images with your friends on Facebook.

Other than that, Shaw is not saying. Further access to his big brain requires special clearance we no got.

His lips are sealed.

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SECOND GEAR

 JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The Plymouth brand bit the dust some years ago—but its departure from existence did leave one of the world's most interesting and rare sports cars in its wake.

The Plymouth Prowler was a two-seat, uber-retro street rod convertible sold in 1997, and 1999 through 2002. Unlike other Plymouth models, the Prowler was its own car—not a rebadged variant of some other Chrysler, Dodge or Eagle product.

Prowler launched with a manually-operated cloth-top roof, 214-horsepower V6 engine and rear-wheel drive. After a break from

the market for 1998, Chrysler updated the 1999 model with a new 253-horsepower V6 engine. All models got a four-speed "AutoStick" automatic transmission.

Feature content included an Infinity CD changer audio system, air conditioning, cruise control, power accessories and leather seats.

An auto-dimming rearview mirror and leather-trimmed accents were also on board.



1999 Plymouth Prowler
 Check out Justin's video car reviews online at youtube.com/mr2pritch.

What Owners Like

- Exclusivity is the largest draw to the Prowler, according to most owners.
- Production was extremely limited, and few cars turn heads this well.
- Fun to drive handling, dynamics, relative performance and a relatively comfortable ride are also highly rated.

What they dislike

- Owner complaints include limited visibility, tight entry and exit with the roof up, road noise and limited practicality.
- Prowler also had very limited trunk space and limited width to accommodate wide-legged occupants.
- Given the Prowler's limited sales volume and relatively tiny online owner's community, reliability-related information is sparse. Some issues have surfaced with the factory stereo system, including hissing, static or blown speakers.
- Premature suspension wear may also be a concern—so be sure to listen for any popping or clunking sounds on a test-drive that could indicate a worn-out component. Check power windows for proper operation in both directions, be sure the air conditioner works properly, and note any damaged or missing interior trim panels.
- Prowler's driveline appears to be fairly solid and problem free, though the 3.5-

Common issues

Verdict

Though information is limited, a used Plymouth Prowler appears to be a fairly reliable, albeit extremely rare, used sports car buy.

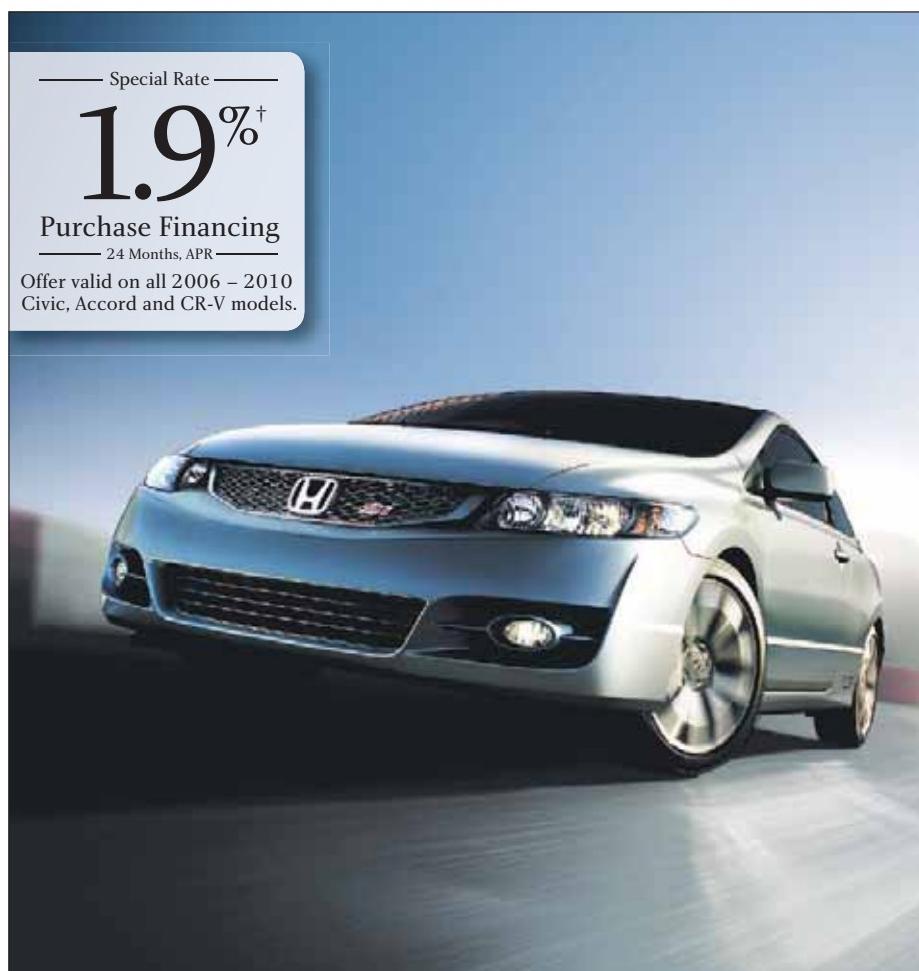
Shoppers set on owning a Prowler and able to locate a unit for sale are advised to make an appointment with a nearby Chrysler dealership for an inspection.

A well-maintained unit with full service records that's familiar to a Chrysler dealership is the safest bet.

litre engine did suffer from occasional sensor problems in other applications.

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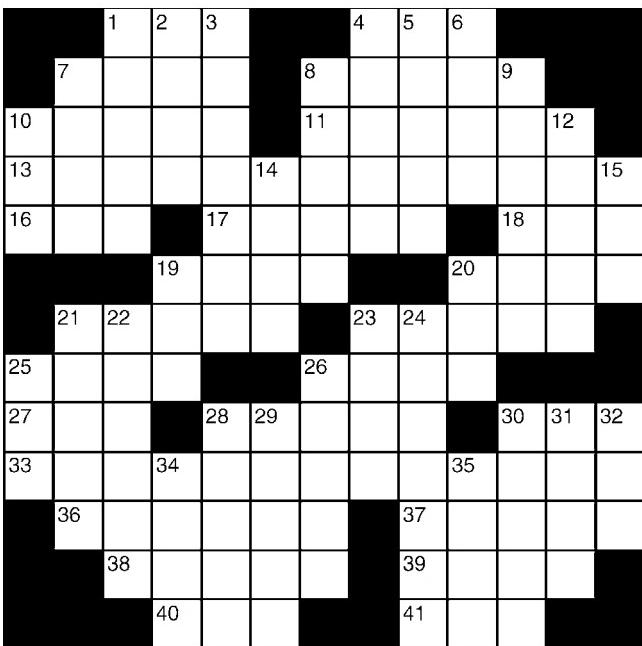
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Across

- "Weird Al" Yankovic song composed solely of palindromes
- Airport org.
- Comical Carvey
- Finnish bath
- Nip
- Root vegetable
- Glimpse
- Franken and Gore
- Necessities
- Victory
- Long cut
- Carry on
- Explosion
- Baby kangaroos
- Fedora feature
- Praise to the skies
- Really long time
- Adjust
- Tikkanen of hockey
- Horrified
- "Heavens!"
- Crook's pseudonym
- Near-quart
- Welshman or Scot
- Slight amount
- Crucial



Down

- Model Tyra
- Formerly
- Nassau's island group
- Challenge mockingly
- Irrational numbers
- Heche or Hathaway
- Rotary phone part
- Hide
- Pilot's route

- | | |
|----------------------------|------------------------------------|
| 10 Sch. group | 29 Having a cupola |
| 12 Aspirin targets | 30 Poet Dickinson |
| 14 Sudden rush of wind | 31 Lovers' quarrel |
| 15 Potent stick | 32 Fool |
| 19 Group of whales | 34 Walking pace |
| 20 Scarlet | 35 Beekeeper played by Peter Fonda |
| 21 Meditate gloomily | |
| 22 Window frame part | |
| 23 Scoff | |
| 24 Rural area of Australia | |
| 25 Plead | |
| 26 Surgery tool | |
| 28 Heart line? | |

► Yesterday's answer

S	W	I	M	C	P	A	R	E	A	P
N	A	S	A	Y	A	P	E	S	S	E
I	D	L	Y	C	R	E	A	M	P	I
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O	D	E	S	T	E	N	R	E	E	K

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope



♈ Aries March 21-April 20 People won't like your latest big idea – not because the idea is no good but because they are jealous.

♉ Taurus April 21-May 21 You could easily fall out with a friend over something that is quite trivial.

♊ Gemini May 22-June 21 Tie up any and all loose ends and get ready for the good things that will soon be coming your way.

♋ Cancer June 22-July 22 Do what feels right and if it upsets others, well that's their problem. Be a rebel, and be proud of it.

♌ Leo July 23-Aug. 23 You are not the sort to hold back if something needs to be said. And sometimes, you must expect a backlash.

♍ Virgo Aug. 24- Sept. 22 Believe in yourself and what you are. Your future success depends on it.

♎ Libra Sept. 23-Oct. 23 If you don't like the way certain things are being done, you must speak up. You can't shirk responsibility.

♏ Scorpio Oct. 24-Nov. 22 Use your powers of persuasion (no, not twisting arms!) to get other people to do the hard stuff for you today.

♐ Sagittarius Nov. 23-Dec. 21 Make it your aim today to paint a more accurate picture of yourself in the eyes of the world.

♑ Capricorn Dec. 22-Jan. 20 The cosmic picture urges you to be truthful. Say what comes to mind.

♒ Aquarius Jan. 21-Feb. 18 Get out and about and meet as many new people as you possibly can. Smile at strangers and chat.

♓ Pisces Feb. 19-March 20 You aren't afraid to change your opinions in the light of new info. Keep that in mind. ● SALLY BROMPTON

KISS & TELL WITH METRO KISS

Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit metronews.ca daily to see who loves whom, or...who loves you!

Sudoku

			4			5			
3							9		
4	7	9					2	8	5
			7	3	6	4			
1								3	
			6	2	9	5			
2	1	5					9	7	8
			6					5	
			9		2				

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Tyler, I want you to know that your chai tea latte making skills are rivaled by no other. I hope one day you will acknowledge my honks of appreciation. Have a wonderful day blondie barista!! CHAI TEA LOVERR

The Name Giver, I want u to wake me up every morning with a different 1 whispered in my ear...I will only turn around and wake up if u call me each day with a new name for a princess :) I love u. C U soon... in about 60 years! Thanks my LOVER and you KISS. PRINCESS

Yes I do, I only do to you. & I'll wait another century to say this to you, next time with a KISS that will never take us apart and a hug that will keep u warm n safe forver. Our days will be positive and nights will be magical...smile!
YOUR BLUE GIRL

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

3	6	8	4	2	9	7	5	1
2	5	9	7	1	8	6	3	4
7	4	1	3	5	6	2	9	8
4	8	3	1	7	2	5	6	9
1	9	7	6	4	5	8	2	3
6	2	5	8	9	3	4	1	7
5	7	4	2	3	1	9	8	6
9	3	6	5	8	4	1	7	2
8	1	2	9	6	7	3	4	5

Today



18° / 13° Rain

Thursday



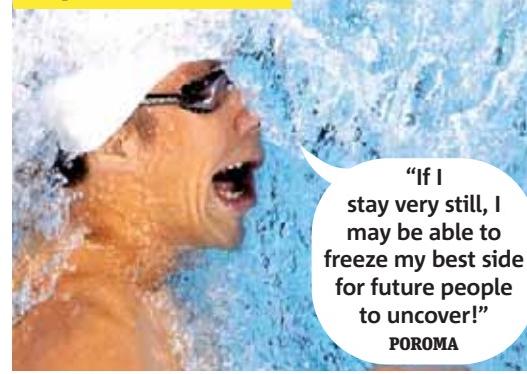
23° / 13° Partly cloudy

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Caption contest



"If I stay very still, I may be able to freeze my best side for future people to uncover!"
POROMA

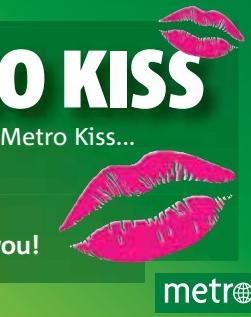


You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!



ENDS JULY 31ST



THESE MUST GO

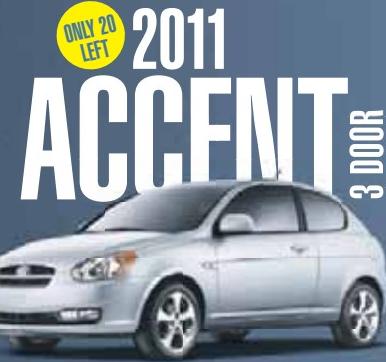


DOUBLE
SAVINGS
EVENT

RIGHT NOW GET

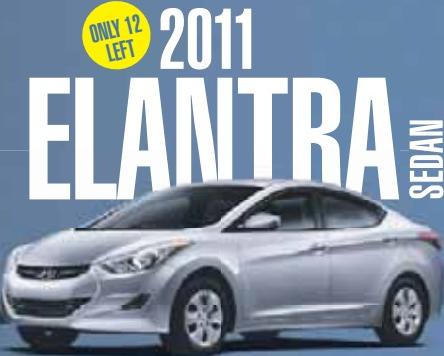
0% **84** and

FINANCING FOR UP TO MONTHS



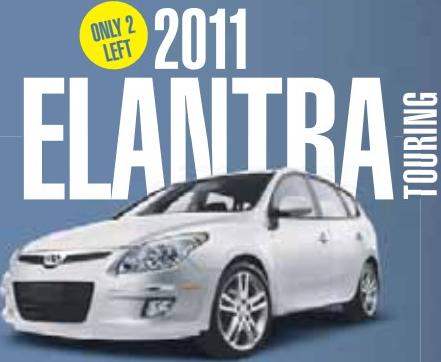
ONLY 20 LEFT
2011 ACCENT
3 DOOR
FROM \$13,599

OR \$75/BW



ONLY 12 LEFT
2011 ELANTRA
SEDAN
FROM \$15,849

OR \$97/BW



ONLY 2 LEFT
2011 ELANTRA
TOURING
FROM \$14,949
OR \$83/BW



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*On select models. See dealer for full details.